1: Spier E-5 (1918) 1928
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with tongs, rolled about on the ground with a bundle of brush, and finally rubbed individually with a rag to remove the spines completely. A burden basket full is carried home, the fruits opened and spread out to dry; sometimes the seeds are removed. When desired these are soaked for a few hours and squeezed to make a sweet decoction. 222 252 251

Mormon tea furnishes a drink: the stems are dried in bundles. [272]

Mesquite pods (*iyd'a*) are ripe at the end of September. There is but one way to prepare them. They are gathered when dry and pounded on the grinding slab. The excessively hard seeds are winnowed from the ground pod. The latter is stirred into cold water and allowed to stand for several hours. This drink is stirred before it is imbibed. The pods, being sweet when dry, are often chewed at odd times.

Yucca fruit (*dmõnõ'l*) ripens on the plateau at the end of September. A layer of this is spread on a bed of dry sticks, a meter in diameter. The sticks are fired until the rind of the fruit is burned black, when they are removed with the tongs (*sallde'*), and thrown into a pile, on which water is sprinkled. The burned rind is removed, and the seeds, separated from the pulp, prepared by mashing with a mano. The flesh is spread to dry in a layer, 1 cm. thick, on a carpet of Mormon tea sprigs: this sheet is folded for storage. All drying fruits will spoil if exposed to rain. This preparation will keep for half a year. Bits of the sheet are broken off to eat dry, or they may be boiled.

A variety of seeds are gathered: a partial list includes pigweed (*dgwdsõ*); goosefoot (*Ucigãdãj*); *sllõ''õ, gõõi, i'õõi* (all three unidentified); juniper berries (*dõjaqõ*), and piñon nuts. Sprays of ripe pigweed and goosefoot are allowed to dry for a week; the pods are then rubbed between the palms into a tray basket so that the seeds may be winnowed. These are roasted in the parching tray and ground. Half a kettle of water is brought nearly to a boil and the meal stirred in to make a mush. Pigweed leaves are boiled with salt, sometimes with cornmeal added, and eaten like cabbage.

Sllõ''õ grows only in open glades on the highest part of the plateau. The harvester walks along with a small burden basket in her left hand into which she raps the seeds with a seed beater (*sllõ'dnia; dnia*, to beat), emptying the smaller into a larger burden basket on her back from time to time. The seeds are ground, although they are unripe, and stirred into boiling water to make a thin gruel. They are sometimes parched, ground, and eaten dry with bread. 222 252

The seed beater is used only in this connection. It is a flat scoop of wickerwork (Fig. 3). The warps are doubled at their midpoints: at 285 412

3:James T-5 (ca. 1900) 1903
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butcher knife in the other and strikes indifferently at the squash, turning it around and at different angles the while. In a few moments chips, as it were, begin to fall into the cooking pot, and after the exterior is cut and hacked in every direction the cook begins to slice it into the pot. When well cooked, it is eaten without any other improvement than a little salt.

Corn and beans are plentiful with them, and both are as delicious and tender as any I have ever tasted elsewhere.

Mescal is one of their chief foods. It is made by them exactly as the Wallapais make it. That fibrous portion of the plant that cannot be treated in this manner is boiled, and the drink therefrom, when fresh, is a sickish-sweet liquid, that, however, might soon become agreeable. This liquid is of a dark brown color, and when boiled for a long time becomes a species of thin molasses.

The Havasupais know no process of fermentation so far as I have been able to learn, and the elders of the people long objected to the coming of the white man because one of the bad things he brought to the Indian was whiskey and other intoxicants.

Quail and ducks abound in various parts of the Havasu Canyon region. Even to this day many of the latter are shot, for sale to the white man, with the arrow instead of the gun. The Havasupais claim that the arrow is far less liable to scare away the flock than is the loud report of a gun, so they keep up their practice with the antiquated bow and arrow, and some of them show wonderful skill in their use. I have often placed a ten-cent piece in a notched stick and enjoyed watching the young men as they fired their arrows at it at a distance

compared to peanut butter in consistency, but each seed had an individual flavor. Parching was accomplished by putting hot coals in a tray with unshelled pinyon nuts, corn, or seeds and shaking vigorously to prevent burning. Pinyon nuts were shelled on a metate and tossed in a winnowing tray while the shells were blown away. Pinyon nut butter was sometimes mixed with roasted dried cornmeal to make a thicker paste. Young people compare pinyon nut butter unfavorably with peanut butter, because it was drier and always had tiny shell fragments in it. 252 262

Drinks were prepared from peaches and other fruits which were cooked until pulpy, thinned with water, and sweetened after sugar was available. A refreshing drink was made from mesquite beans pounded gently on the metate to break the pulp membranes but not the seeds. The mashed beans were soaked but not cooked, and the pulpy substance was squeezed out before use. 272 262

Meat was boiled fresh or dried, roasted in a pit, or broiled over an open fire. Pit roasting was the favored method for most game because natural juices and more flavor were retained. Certain small animals such as the rabbit were boiled, the water sometimes being thickened with corn or bean flour. 252 262

Fruits were eaten in season fresh or occasionally stewed. For storage, berries were dried whole, and larger fruits, to speed the drying process, were split open and pitted. Figs and the pulpy fruits of prickly pear, mesquite, and roasted mescal were mashed on the metate and kneaded into flat cakes for drying. One woman observed preparing to dry what she called fig bars, rolled the pulp into figure eights, then flattened them gently to close the holes. 251

Foods are left outside until cold weather, then stored inside the houses. The storage cists located along the talus slope throughout the canyon are no longer used, but a few families continue to use the shelf of the talus slope, in favorable locations, for drying fruit. [348]

Several younger women today process a small amount of fruit in jars. [177]

few are given here. Green corn is usually shelled or cut from the cob and mashed to a pulp on the grinding stone. Water is heated to almost boiling, the corn slowly added, and the mixture stirred with a stick while the pot remains on the fire. When it comes to a boil, it is set aside to cool. Green corn in the husks is roasted on a bed of coals or buried in hot ashes until the outer husks are charred. The husks are then pulled back and the ears tied in pairs by their husks and hung up until some relatives or friends come calling. The usual way of eating corn on the ear is to break off the kernels with the thumb nail, catching them in the palm of the same hand. A handful is poured into the mouth at a time. Often the pulp of green corn is shaped into balls, wrapped in husks, and baked in hot embers. When the husks are removed the balls are eaten as bread. Green corn is sometimes cut from the cob, crushed, and boiled with unripe pumpkin cut in small pieces. A favorite sweet dish is made by boiling squash blossoms until tender, then mashing them to a pulp on the grinding stones. Meanwhile green corn, cut from the cob, is cooking in a pot over a slow fire. The pulp is added to the corn and boiled until thick.

Squash does not ripen until October. It is gathered in burden baskets, brought home and piled up. Later the rind is cut off and the seeds and center pulp scraped out. The flesh is cut out in strips and hung in the sun to dry. While still pliable it is made into bundles and dried thoroughly before it is stored for winter use. Squash prepared in this manner will keep indefinitely.

Fruit raised by the Havasupai is well known for its fine flavor. The women halve the ripe peaches and lay them out on the roofs or rocks to sun dry and then store them away for winter use. Figs are also dried. Some of the fruit is ground on the *metate*, pressed into large cakes and packed away.

Much of the beef and game is roasted and boiled while fresh, but often it is dried to preserve it. The meat is cut in long thin strips and hung in the sun to dry. It is generally necessary to pound this jerky with a pestle before it is cooked and then it is commonly stewed with dried squash or corn. Bean flour also may be added to thicken the stew.

In addition to the cultivated crops, the Havasupai gather several wild plants which are a valuable adjunct to the food supply during the winter residence on the plateau. The pinon nut forms an important part of their diet. In good years these nuts are gathered in large quantities during the fall and winter months by the women and children on the land high above the canyon. Some of the nuts are ground on the *metate* into a paste resembling peanut butter.

A drink is made of dried mesquite pods. The pods are crushed on the grinding slab, stirred into water, and the mixture allowed to stand several hours, after which the drink is ready for use. A variety of seeds—pigweed, goosefoot, and numerous others, are gathered and utilized in various ways. Some are roasted on parching trays and ground and the meal added to boiling water and made into mush. Pigweed leaves are boiled in salted water and eaten like spinach; sometimes corn meal is added.

The mescal (the agave plant) is considered at the right stage for eating when the flower stalk, which shoots out from the center of the plant, is a few inches high. The plant is severed by pounding a chisel-shaped buckthorn stick or stone axe against its base. The outer leaves of the inverted plant are trimmed of their green portion with a hatchet or butcher knife. A party of several families goes out and gathers mescal and brings it to the place where it is to be cooked. A pit which may vary in size but usually is about three feet in diameter and one and a half feet deep is dug in sandy soil, not in gravel because the steam would escape. Wood and brush are piled into the hollow to the height of a foot or more above the ground. Stones the size of a man's